Resident Community Projects

Bayview Hill Gardens Partnership:
Augmenting Pediatric Healthcare
Rosy Hao and Beth Links

Bayview Hill Gardens Partnership:
Literacy Promotion in Formerly Homeless Youth
Beth Links

Bayview Hill Gardens Family Mindfulness Program
Bianca Argueza

Gateway Middle School Garden Opportunities
Pooja Singal, Sarah Schaffer DeRoo, and Emily Peitzman

Adolescent Healthcare Needs As Identified By Adolescents
Liat Bird, Zachary Marcus, and Shamita Punjabi

Upcoming Events

October 4
Primary Care Track Seminar
Bayview Hill Gardens Partnership: Augmenting Pediatric Healthcare

Project Goal:
- Improve access to primary healthcare and medical homes for children in the Bayview Hill Gardens community by augmenting family trust in existing medical relationships

Residents: Rosy Hao and Beth Links

Bayview Hill Gardens Community Liaisons: Jasmine Ephraim, Resident Services Coordinator and Tiffany Davis, Youth Services Coordinator

Actions Taken To Date
- Foster rapport with the Bayview Hill Gardens community through themed monthly community dinners. The last was on June 28 and the theme was “Chili and Chill.”
- Offered health education through six monthly, casual community dinners in which (pediatrics) residents served (community) residents a healthy, low cost meal (along with its recipe) and discussed a health topic like developmental milestones, when to see your doctor, and asthma.
- Completed a needs assessment by surveying the community coordinator and residents (including 68 children). Learned that community’s preferred learning methods include books, handouts, video, and discussion; and that health topics they would like to learn more about include nutrition, vaccines, asthma and safety.

Next Steps
- Better understand barriers to medical home access and implement strategies to solidify children’s access to a medical home.
- Develop strategies for guiding future residents in an unstructured curriculum, and for linking back with medical homes in a meaningful way.
- Measure outcomes: rate of identified medical home/primary provider, immunization rates.
Bayview Hill Gardens Partnership:
Literacy Promotion in Formerly Homeless Youth

Project Goal:
- Increase access to books and to promote early literacy and family engagement with reading in this high-risk community

Residents: Beth Links

Actions To Date
- Raised about 50 books to expand the Bayview Hill Gardens’ children’s book library.
- Promoted book borrowing by augmenting a partnership already formed with Raising a Reader and creating 12 “borrowing bags” for your adult aged readers.

Next Steps
- Participate in additional community literacy workshops and afterschool reading sessions.
- Potential community partners including SF Families Resource Center, Center for the Book, and the local public library.
- Assess read-aloud behaviors and attitudes toward reading.
Bayview Hill Gardens Family Mindfulness Program

Project Goals:

- **Collaborate** with Bayview Hill Gardens to develop a family mindfulness program.
- **Evaluate** the feasibility and acceptability of such a program in a transitional housing development and to build a pathway towards sustaining the program.
- **Strengthen** the partnership between Bayview Hill Gardens and the Primary Care Track.

**Resident:** Bianca Argueza

**Actions to Date**

- **Debriefed with community partners** about the envisioned mindfulness course.
- **Received feedback on the program from colleagues** including at the APA regional meeting and with Works in Progress.
- **Organized and executed** a mindfulness course for 11 children in the Bayview Hill Gardens and 12 of their adult guardians.
- **Conducted a pre- and post-survey and a focus group** of mindfulness course participants.
- **Planned next iteration of the program** involving combined child and adult courses over eight weeks in summer 2017.

**Next Steps**

- **Partner** with Holly Vo to finish analyzing focus group data.
- **Collect** more feedback from community partners.
- **Identify** more sustainable funding (e.g., Mercy Corps, Center for Youth Wellness, or outside organizations)

**Participation**

- 23 participants
- 11 children
  - 5 9-15 years old
  - 6 < 9 years old
- 12 adults
  - 4 mothers
  - 2 related adults
  - 6 did not indicate relationship

**Diagram:**

Class #1 → Class #2 → Class #3 → Class #4 → Class #5

- Pre Survey (children)
- Pre Survey (children)
- Pre Survey (children)
- Pre Survey (children)
- Pre Survey (children)
- Post Survey (children)
- Post Focus Group (parents/caregivers)

*Pre Survey conducted on a rolling basis*
**Gateway Middle School Garden**

**Project Goal:**
- *Empower* youth in our community to choose healthy living through a school-based afterschool program focusing on gardening, healthy eating, and exercise.

**Residents:** Pooja Singal, Sarah Schaffer DeRoo, and Emily Peitzman

**Actions to Date**
- *Built* planter boxes, added soil, and installed sprinklers
- *Made* individual succulent terrariums with students
- *Educated* about My Plate and taught about specific nutrients in crops.
- *Organized* a blind fruit, vegetable, and herb taste-testing game
- *Guided* students in teaching one another about crops and make murals and posters.
- *Created* individual succulent terrariums for students to take home
- *Held* mini cooking classes including making guacamole with fresh ingredients and using crunchy vegetables as a substitute for chips, and preparing a salad from cabbage, carrots, soybeans, green onions, raisins, and ramen
- *Taught* students to identify serving size, fat, salt, fiber, sugar, and vitamins on nutrition labels; and identify healthy snack options
- *Demonstrated* sugar content of various foods
- *Guided* students with categorizing food from photos as “green” (eat anytime), “yellow” (eat sometimes), or “red” (eat rarely)

**Next Steps**
- *Continued partnership* and garden program with student leadership.
- *Organize* seasonally themed sessions incorporating nutrition into gardening education
- *Plan* an expansion of the garden
- *Develop* joint sessions with gardening/yoga groups on stress and mindfulness
Adolescent Healthcare Needs As Identified By Adolescents

Project Goals:
• Assess perception of providers from point of view of adolescent patients who are connected with Huckleberry House
• Learn what these patients need from providers, what they expect from providers, and what providers can improve.
• Implement a project to address the above

Residents: Liat Bird, Zachary Marcus, and Shamita Punjabi

Actions To date:
• Met with representatives at Huckleberry House.
• Met with adolescents involved in Huckleberry House college prep program, and discussed what they like and dislike in their health care.
• Taught a class about organs to adolescents at the juvenile hall in San Francisco.

Next Steps
• Organize routine sessions with Huckleberry peer health educators/mentors about topics selected by students.
• Consider project educating teens/doctors regarding communication

Previous Partner Projects
• Wellness Academy - Supported the Sophomore Wellness Academy Cohort in their community based project - a large community survey about Homelessness and Gentrification in SF. Gave a workshop on qualitative vs. quantitative data and facilitating a discussion on community engagement and how best to use the data they collected to influence positive change.
• Juvenile Justice Project – Organized and led curriculums including on health insurance and access to care, and human anatomy

Other Opportunities for Resident Involvement
• Sunday Streets: Huckleberry's Health Center tables and leads activities at each Sunday Streets. Please contact Ashley Rojas (arojas@huckleberryyouth.org) if you would like to help with tabling/activity leading.
• SF AIDS Walk: Huckleberry participates in the AIDS Walk every year. This year’s event is on July 17th. We are also a beneficiary organization. Click to join team Huckleberry: https://sf.aidswalk.net/huckleberryyouthprograms or contact Heather Mathews (hmathews@huckleberryyouth.org) for more information.